



Dear Woolf Friends,

As part of the Faith in Mental Health project, I recently had the opportunity to visit Rampton Hospital, a high secure hospital in Retford. We were invited by Imam Farooq Mulla, a chaplain at the hospital and a friend of the Woolf. I want to share with you my experience, and the work of Rampton's Chaplaincy and Spiritual Care Team.

After completing security checks we were warmly welcomed by the Lead Chaplain and given a brief introduction to the hospital's history and patient population. Rampton houses around 350-400 patients and offers six clinical services along with a training building and library – so you can imagine how big it is. All patients at Rampton have been detained under the Mental Health Act 1983, and many come from the prison system.

Throughout our visit, we met chaplains from various faith backgrounds, and their care for **all** patients, and even fellow colleagues, was evident. Although they had their own faith traditions, they were familiar with and often spoke to patients of other faiths, and none. The chaplains we spoke to emphasised the importance of building non-judgemental relationships with patients to offer emotional and spiritual support to aid in their overall treatment. The average stay for patients at Rampton is 8 years, though many stay much longer, so the relationship with chaplains is an integral part of patients' wider healthcare team. We were, however, told that this was not always acknowledged by some clinicians.

I was able to pray *jummah* (congregational Friday

prayers) with 8 patients, which was led by Imam Farooq. A discussion was opened after the prayer and patients spoke openly with the Imam, sharing their own reflections on faith and recent news items. Imam Farooq spoke about intention in religious practice, and the idea that one's intention is what counts, even if the action is not performed to the best quality. This seemed to resonate with patients who may have experienced difficulty with regular worship, and made me reflect on my own practice. *Jummah* is an important ritual in Muslim communities, and performing it in congregation is often considered compulsory, so I was encouraged to see that the Chaplaincy Team regularly arranges this for patients. I was even more impressed to find that a British Sign Language interpreter was also present to interpret for 2 deaf patients in the group.

During our visit, I was struck by the dedication of the staff to providing emotional and spiritual support to patients in this challenging setting. It was evident that all the chaplains we met cared deeply about the spiritual and general wellbeing of patients. The Chaplaincy Team worked together with security, clinical, and even kitchen staff to advocate for patients to keep religious objects, attend worship services, and fast in Ramadan – although getting halal food for patients is an ongoing discussion. After reflecting on my visit, I have a renewed appreciation for chaplains in healthcare. Not only for their efforts in providing spiritual care, but for their ability to acknowledge individuals and their needs with compassion, even within this often dangerous setting.

I would like to thank Rampton's Chaplaincy and Spiritual Care Team, especially Imam Farooq Mulla, for hosting us and for sharing their experiences with us. I hope that reading this account will encourage you to think about the role that faith, compassion and understanding can play in mental healthcare.

With best wishes,

Seherish Abrar
Junior Research Fellow, Woolf Institute



Upcoming Events

27 March

Barbarians and
Romans: dynamics
of integration in Late
Antique Hispania



28 March

Canada's Special
Envoy on Preserving
Holocaust
Remembrance



30 March

Iftar



4 April

Antisemitism from
without and Racism
from within.



27 April

Woolf Institute in
New York



6 June

Woolf Institute
Garden Party



WEBINAR 27 MARCH @17:00

Woolf Institute and the Society for the Medieval
Mediterranean present:

Barbarians and Romans: Dynamics of integration in Late Antique Hispania



WEBINAR 27 MARCH @17:00

The Woolf Institute together with the Society for the Medieval Mediterranean invite you to their webinar series.

This session will delve into the interactions that took place between the various ethnic and religious groups of Late Antique Hispania, trying to cast light into the factors and the strategies that led to their integration, as well as the role played in this process by the civil, the ecclesiastical institutions and the common population. A particular attention will be devoted to the strategies and the resources employed for coexistence, integration and collaboration among the different Late Antique Hispanic communities, examining individual and collective attitudes favourable to integration and its effectiveness as mediation and social structuring.

The speakers are: Purificación Ubric Rabaneda (Universidad de Granada), Pablo Poveda Arias (Universidad de Valladolid), Oriol Dinarés Cabrerizo (Universidad de Alcalá) and Mattia C. Chiriatti (Universidad de Granada)

[CLICK HERE TO REGISTER](#)

The Woolf Institute invites you to break fast with us in celebration of the holy month of Ramadan.

Iftar

THURSDAY 30 MARCH 2023 19:00

The Woolf Institute invites you to break fast with us on Thursday 30 March in the KC Shasha Suite in celebration of the holy month of Ramadan.

19:00 Doors open
19:25 Sit down and supplication
19:33 Breaking of the fast
19:40 Maghreb prayer in the quiet room
20:00 Talk and meal

If you have any additional needs or requirements please let us know in advance so we can do our best to accommodate you by contacting Flora Moffie on fm547@cam.ac.uk.

[CLICK HERE TO REGISTER](#)

Woolf Institute In New York

27 April 2023



THE WOOLF INSTITUTE IS GOING TO NEW YORK

At the end of April, The Woolf Institute will be visiting New York. We will be meeting alumni and friends, and Dr Katherine O'Lone will be giving a talk entitled '*Belfast; Have the Ghosts Left?*' based on her research. This will take place at the Cambridge in America premises at 1120 Avenue of the Americas.

This year marks the 25th anniversary of the signing of the Good Friday Agreement. In this talk, Dr Katherine O'Lone will explore the psychological and moral landscape of post-conflict Northern Ireland. Dr O'Lone argues that we can better understand peace by exploring the patterns surrounding how people think about reconciliation, forgiveness and justice in the aftermath of violent conflict. In Northern Ireland, despite the passage of twenty-five years since the GFA, the scars of 'The Troubles' continue to influence how people reason and think about moral issues, such as fairness, harm and justice. The conflict has ended but this talk suggests the ghosts are still there.

The talk will be followed by questions and discussion, and a reception to which all are welcome.

[CLICK HERE TO REGISTER](#)

[FOR MORE INFORMATION PLEASE CONTACT FLORA MOFFIE](#)

THE POLITICS OF MUSIC

Naked Reflections Podcast x The Woolf Institute

IN THE BLUE CORNER: NATIONAL ANTHEMS
AND MILITARY MARCHES; IN THE RED
CORNER: PROTEST SONGS. POLITICS AND
MUSIC OFTEN COINCIDE...



PODCAST: THE POLITICS OF MUSIC

In the blue corner: National Anthems and military marches; in the red corner: protest songs. Politics and music often coincide.

Music - that most abstract of arts - can of course express religious feeling but it can also be directly or obliquely political, especially when lyrics are involved. Think, National Anthems or protest songs. Ed Kessler, Dunya Habash and Jonas Otterbeck reflect.

[CLICK HERE TO LISTEN](#)

COMING SOON

Naked Reflections Podcast x The Woolf Institute

TURN THE OTHER CHEEK

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